



Stay Well, Manchester College!!

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Toilet Talk

MC Wellness Program TGIF: Thank Goodness I'm Fit

Feeling sluggish, out of shape, and in need of a pick-me-up? Join TGIF! This program is designed to help you get excited and motivated about your health and well being by promoting physical, emotional, spiritual, vocational, intellectual, and social wellness.

By participating in a variety of activities, you can earn points towards TGIF prizes like a Nalgene water bottle or a pedometer. Activities that earn you points include, but are not limited to exercising/strength training for 30 minutes (5 points each time), a cholesterol check (10 points),

and a complete body composition screening (10 points).

The TGIF program can be a gate way to monitoring your overall health with the help of Health Services and your emotional health with the aide of Counseling Services. TGIF is also a great way to begin a weight management program.

All students, faculty and staff are welcome to participate in this program. If interested in signing up for TGIF, stop by Health Services to receive your TGIF booklet and some helpful advice as you start one your way towards a healthier, happier you.

Join the Health Services team as a Student Health Assistant or a Peer Health Educator. If you have an interest in medicine or health care, get practical experience before entering professional school. Applications are available from Human Resources.

Gary's February Energy Conservation Tip

- Reuse plastic grocery bags for trash can liners.
- Recycle as many materials as possible including paper, plastic, cardboard, aluminum, and glass. Recycle areas are found throughout resident halls and buildings on campus.

I Spy with My....Bad Eyes?

Having reoccurring headaches? Are you frequently squinting to read or focus on distant objects? You may need an eye exam. Visual impairment is a common problem but according to the Nation Institute of Health approximately 90% of persons ages 20-39 can correct visual impairments with glasses or contact lenses. Eye screenings are available at Health Services and recommendations can be given based on results.

Reminder

Flu shots are available at Health Services. Health officials are still recommending vaccinations for this season. For an appointment, contact Health Services ext. 5306.

World Report: Drinking Water

The United States is fortunate to have clean drinking water, however, contaminated drinking water contributes to disease in developing as well as developed countries worldwide. Contamination due to chemicals or microbial pathogens contribute to diarrhoeal disease. Diseases attributed to water contamination are responsible for 1.8 million deaths every year. A significant amount of disease could be prevented in developing countries through safe water supply and adequate sanitation facilities. For more info, log on to www.who.int

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"My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants."